## ABSTRACT OF THE DISCLOSURE

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A reducer of blood glucose level increase comprising palatinose as an active ingredient, wherein the reducer is ingested before or after or simultaneously with consuming a carbohydrate having an  $\alpha$ -1,6-glucosyl bond ratio of from 0% to less than 50% relative to the total bonds among constituent saccharides to reduce an increase in blood glucose level caused by ingesting the carbohydrate.